

## **Healthy Kansas Minute Radio Interview – Lyme Disease Awareness**

**Joe:** This is the Healthy Kansas Minute. I'm Joe Blubaugh, and with me is Dr. Gail Hansen, State Epidemiologist with the Kansas Department of Health and Environment. May is National Lyme Disease Awareness Month. Is Lyme disease a concern in Kansas?

**Gail:** Lyme disease is seen in Kansas. It is transmitted by the bite of an infected tick, which are found in the state. Typical early symptoms include fever, headache, fatigue and skin rash. If left untreated, the infection can develop serious complications if it spreads to joints, the heart and the nervous system.

**Joe:** What is the most effective way of treating this disease?

**Gail:** Most cases of Lyme disease can be treated successfully with antibiotics prescribed by a health care professional. However, it is even better to take steps to prevent the disease by using insect repellent and avoiding tick habitats like tall grass and brush. You should also remove ticks promptly, checking yourself two or three times a day when you have been in an area where ticks live.

**Joe:** Thank you Gail. To learn more about Lyme disease, please visit the CDC website at [www.cdc.gov](http://www.cdc.gov). This has been the Healthy Kansas Minute!